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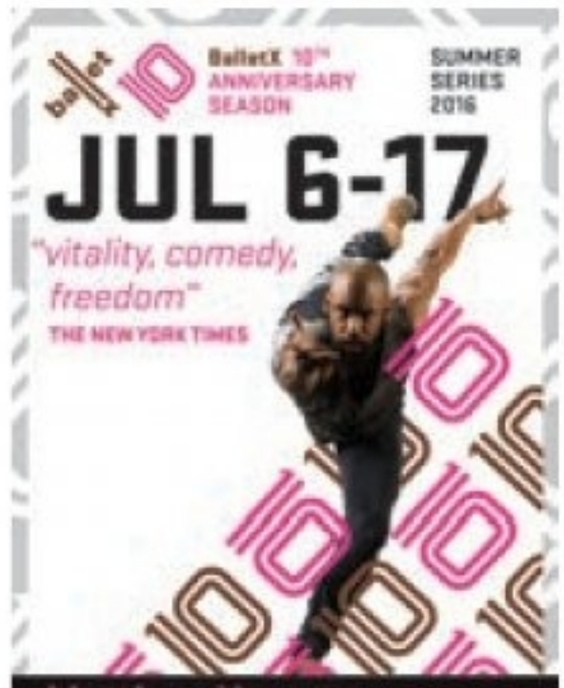
MAKING A TARZAN FOR TODAY

Stars Robbie and Skarsgard say the old hero is up with the times. 16

Eyewear for the digital age. 20

Macnow: Flyers, Sixers stay rightfully quiet. 22



A TALE OF TWO RIVERS

A 112-mile kayak trip down the Schuylkill River to Philadelphia discovered a less polluted waterway still clogged in parts by garbage. 4

MICHELLE GUSTAFSON

3 THINGS YOU NEED TO KNOW

FATHER OF BABY KILLED AT DISNEY RESORT SAYS TWO GATORS WERE INVOLVED

The distraught father of a 2-year-old boy dragged off and killed by an alligator at the Walt Disney World Resort in Florida last month has said he was attacked by a second alligator as he fought to save his son. Matt Graves, whose son Lane was killed in the Seven Seas Lagoon at Walt Disney World's Grand Floridian Resort & Spa after being dragged off in shallow waters, gave details about the attack to a fire captain, the Orlando Sentinel reported on Sunday. The disclosure came via email messages obtained by the newspaper from the Reedy Creek Fire Department, in which Captain Tom Wellons relayed the father's account from the day after the incident to his supervisors. REUTERS

AMERICAN STUDENT FOUND DEAD IN ROME IN POSSIBLE HOMICIDE

The body of an American university student who went missing in Rome three days ago was found in the Tiber River on Monday, and police said they were not ruling out homicide. Beau Solomon, 19, from Wisconsin, was due to start a study abroad programme at John Cabot University, whose campus is in the central Trastevere district, which is near the river and popular with young people. The university confirmed Solomon's death in a statement. It said earlier he had not been seen since about 1 a.m. on Friday morning, when he had left a pub in the Italian capital, just hours after arriving in Rome. Early reports said Solomon suffered a head wound and his shirt was bloodied. REUTERS

QUEEN'S WARDROBE ON DISPLAY AT BUCKINGHAM PALACE EXHIBIT

A selection of outfits worn by Britain's Queen Elizabeth go on display at her London Buckingham Palace residence as part of an exhibition marking the monarch's 90th birthday this year. "Fashioning a Reign: 90 Years of Style from The Queen's Wardrobe" showcases royal outfits from occasions such as family weddings as well as state visits. The Buckingham Palace exhibit, part of the summer opening of its State Rooms, is one of three such royal fashion displays taking place at the monarch's official residences, including Windsor Castle and the Palace of Holyroodhouse in Edinburgh. Elizabeth turned 90 in April, months after surpassing the 23,226-day reign of her great-great-grandmother Queen Victoria.
REUTERS

Former Met and Phillie, and a great entertainer, Lenny Dykstra, greets fans at Shea Stadium in 2008. GETTY IMAGES

BOLARIS' WEATHER WATCH: STRANGE FOURTH WITH HARRY POTTER AND LENNY DYKSTRA

This has been first Fourth of July in more than 20 years that I stayed put in the city, and for good reason.

I made a promise to my daughter that I would take care of her precious, lovable rescue cat named Harry Potter while she was in camp. About five years ago, my daughter and I went to find her a pet frog. Well, that pet frog turned into an adorable little kitten that had been abused and we rescued her from PAWS adoption center in Philadelphia. My daughter quickly named her Harry Potter.

Harry and I were hanging all weekend long because there are not too many things you can do with a cat. You can't walk them, they won't chase a ball and it's definitely a one-way conversation. So, it's basically din-din time or watch Animal Planet.

On Saturday, after a workout I decided to go to one of my favorite spots in the city, Victor's Cafe. It's a place kind of like the bar in "Cheers." You can walk in, grab a brew, catch a game, eat some really great food, hang in your shorts, chat with Victor, who is always running around making sure everyone is happy and simply be yourself.

However, on this particular evening, my cellphone lights up and up pops the name Lenny Dykstra. Dykstra was once an All-Star baseball player for the New York Mets and Philadelphia Phillies who rose to the very top and then crashed and burned, and basically was left in ashes. He served time in prison for numerous crimes, although Lenny likes to call it a "hotel" with a different type of concierge service.

Lenny and I became friends back in 1993. Like him or despise him, he was and still is a friend of mine and, to this day, I can never turn my back on a friend, even with finding some of the stuff he has admitted to doing beyond comprehension. But being a drug and alcohol abuser will eventually take you down into the dark downward spiral with no parachute to pull as you exhausted the rip cord just one too many times.

I always felt some sorrow for Lenny. I saw him when he was clean and sober and actually found out that he had a heart of gold. I admired his passion to succeed, and simply loved watching him play baseball, as he would go through walls

to win a game and, yes, the nickname "Nails" definitely defined him.

He always said to me, "I wish I had that discipline chip that you have. You see, we are all built with certain chips, and I'm null and void of that one."

Anyway, here is how the phone call basically went:

LD: Dude it's Lenny, bro, I'm in town for my book tour, just released book titled "Nails: The Improbable Rise and Spectacular Fall of Lenny Dykstra." … My book tour starts Sept. 1, 52 cities in six months, dude, want you on board.
JB: Lenny, it sounds like it could be quite the tour, not exactly your SEPTA local, but I have my daughter, need to take care of her and now heavily into real estate.
LD: OK bro. … What you doing tonight?
JB: Hanging at this place called Victor's. Why don't you come by?
LD: Is there place nearby where I can do my laundry. … You know, kill two birds with one stone? I have some company as well.
JB: Dude, you're serious? Of course you are. OK, bring your freaking laundry and we will do dinner and laundry and catch up.

So as Lenny was airing his "dirty laundry," we did catch up, and, no surprise, Lenny brought along his computer and actually came up with a brilliant real estate model on a very complicated project I've been working on in New York.

Lenny Dykstra, love him or hate him, he is the ultimate entertainer. Now back to the local forecast:

Philadelphia

Today: Scattered showers and storms. Very warm, humid 89

Wednesday: Hot sunshine 94

Thursday: Hot sunshine 96

Friday: Heat wave, storms possible 95

Weekend:

Saturday: Scattered storms 93

Sunday: Sunny ..89

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Maule's first sighting of garbage on the river in Schuylkill Haven, 20 minutes after launching on the Schuylkill Sojourn. BRADLEY MAULE

The Schuylkill River you don't know

Litter floating in the Schuylkill documented over seven-day trek.

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Bradley Maule spits out the names of bottlers of water like obscenities.

"Deer Park. Poland Springs. Dasani. Arrowhead," he says. "Each of them is made of three types of plastic: the bottle, the label and the lid. … They might as well last forever, because when they break down they just break down into smaller pieces of plastic."

For $1 to $1.75, plastic water bottles offer fresh drinking water that, from a water fountain or home tap, costs at most pennies. But the fact that used bottles of water are among the biggest sources of floating litter on public bodies of water is what makes the irony particularly offensive.

Floating water bottles were the most common garbage that Maule observed on the Schuylkill during a recent seven-day, 112-mile trek down the river, from Schuylkill Haven to the Philadelphia Navy Yard.

Maule traveled with nearly 100 other kayakers and canoeists as part of the annual Schuylkill Sojourn, now in its 18th year.

But Maule played a role that is new this year, that of the Sojourn Steward, organized by the Schuylkill River Heritage Area and the Partnership for the Delaware Estuary's Schuylkill Action Network, with a specific mission of photographing litter on the river and sharing his observations on Facebook, Instagram and his own site, Philly Skyline.com.

"We decided to have this Sojourn Steward position and to have them go on the sojourn, have a GPS-enabled camera and take photos of wherever they saw trash along the rivet so we could map it out, learn where the problem areas are and what kind of trash it is," explained Virginia Vassalotti, Schuylkill Action Network Specialist at the Partnership for the Delaware Estuary.

During the sojourn, Maule got to explore some of the region's most beautiful scenery, and saw wildlife along the river including herons, bald eagles and turtles, signs of a natural resurgence that's been ongoing since the state began cleaning up the then-heavily polluted river in the '50s. But inevitably, he also saw lots of litter.

"Several of us saw a bald eagle perched in a tree, not 20 minutes after launch," Maule wrote on day one of the sojourn. "Within the same time frame, I started noticing trash."

Now, Maule's voyage has gone to creating a photo map of litter along the Schuylkill — documenting everything from tires, a dishwasher and bowling pins to a Native American spin drum found off the river banks in Lower Merion Township.

That's just the garbage that can be seen floating on the surface — ironically, in the days immediately following the Schuylkill Action Network's annual volunteer clean-up of the river, the Schuylkill Scrub, which has been known to remove as much as a million pounds of trash from the river and ends in May. Despite the Scrub, there was still plenty of garbage to be found.

"Ostensibly, this would be the cleanest that the river would be. For the most part, I found that to be true," Maule said of the voyage. "The photography I did is by no means complete. I recorded 89 tires, just counting them one by one, but that was just on the surface. God knows how many tires are beneath the surface."

On day three of the sojourn, heavy rains washed what seemed to be all the garbage in the nearby city of Reading into the river, Maule said. It was a reminder of how often rivers wind up being garbage's final resting place.

"It's the human connection to rivers. Litter doesn't just stay on the ground," Maule said. "If it's left untouched, litter will make its way into the waterway."

To learn more about the Schuylkill Sojourn or Maule's trek, visit schuylkillwaters.org.

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About 120 Regional Rail train cars were taken out of duty after a structural defect. METRO FILE PHOTO

SEPTA races to cope with Regional Rail crush after defect discovery

Delays, overcrowding expected after structural problems force SEPTA to pull 120 Regional Rail cars.

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SEPTA is altering its service significantly in the wake of the discovery over the weekend of a structural flaw that forced them to pull one-third of their Regional Rail train cars out of service.

SEPTA is going to a modified Saturday schedule designed for weather emergencies beginning July 5, they announced Monday.

During morning and evening rush hours, all SEPTA Regional Rail lines will be adding extra trains to provide rush-hour service, with extra service available on the Market-Frankford and Broad Street lines to help reduce overcrowding.

"We're adding some additional service in the beginning of the day to help people get into the central business district, and at the end of the day heading back out," said SEPTA general manager for operations Ron Hopkins at a press conference Monday afternoon.

About 120 Silverliner V trains, representing some 13,000 seats on the Regional Rail, are being taken out of service after SEPTA maintenance personnel discovered cracking in the main suspension systems Friday.

The cracks are believed to be a structural defect as after inspections, only five cars did not show the cracks, Hopkins said.

"Within 24 hours, all Silverliner Vs had been taken out of service," SEPTA said Sunday.

Hopkins cautioned Regional Rail passengers to consider alternate modes of transit, such as buses or subways, as Regional Rail trains will likely face intense overcrowding in addition to reduced service outside rush hour.

To help passengers take advantage of the Broad Street line and Market-Frankford lines' service, parking will be offered at Frankford Transportation Center and AT&T station, and a lot at 601 North Columbus Boulevard by the Spring Garden Market-Frankford station open from 6 a.m. to 8 p.m., Hopkins said.

All the Silverliner V train cars were acquired between 2010 and 2013 from Hyundai Rotem and are still under warranty, according to SEPTA. Hyundai is working with SEPTA help repair the cars.

Trailpass card holders are being encouraged to hold onto their cards to be turned into a credit in exchange for lost service, which will be announced in the near future, SEPTA said.

How long it will take to resolve the entire situation remains unclear.

"It's too early right now to really zero in on a time," Hopkins said. "Our Regional Rail schedules will continue to evolve over the summer as our Silverliner V cars return to service."

Visit SEPTA.org for the latest possible updates about transit schedules.

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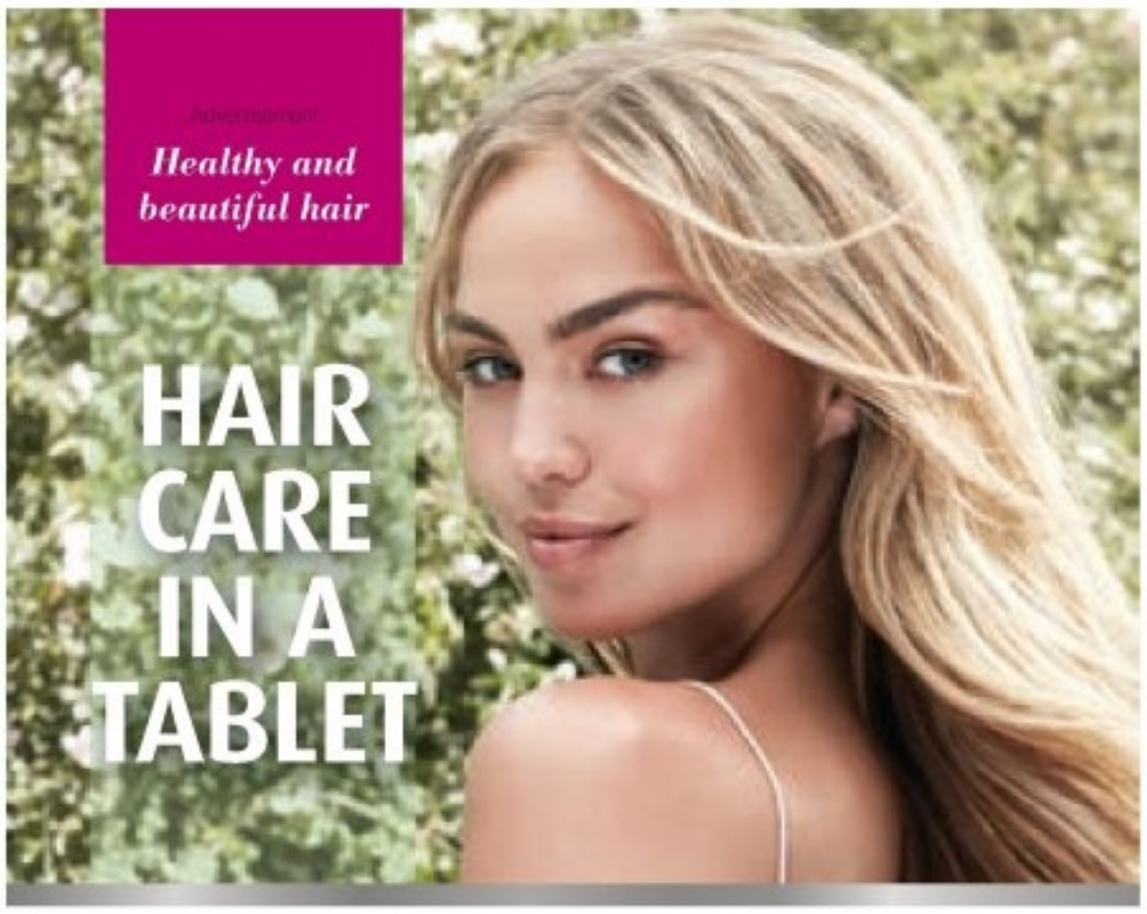

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Hate driving to work? Don't live in these cities

BURGER/PHANIE VIA GETTY IMAGES

New data from Trulia reveals the best cities for transit and car commuters.

ALEXIS SACHDEV
@MetroNewYork
letters@metro.us

Commuting to work is one of those constants in life, right up there with death and taxes. And it's not getting any better: The average worker's commute has gotten 20 percent longer since 1980; and more Americans are making mega-commutes — 90 minutes or longer — than ever before. It's not like sitting in traffic is healthy for you, either. Sitting in rush-hour traffic spikes your heart rate, blood pressure, cholesterol, anxiety and risk for depression.

Yeesh.

Our commutes are obviously a function of where we live: Workers who live in large metropolitan areas like New York and Philadelphia are more likely to walk, bike or take public transportation, whereas commuters with fewer mass transit options are more likely to drive.

New analysis from Trulia, an online residential real estate tool, reveals how Americans in the top 25 metropolitan areas commute to work. For people considering a move, this should factor into your decision.

If you're against driving to work, steer clear of the Washington, D.C.-area; Riverside, California; New York and Chicago. Trulia said renters in these cities are likely to face crowded and long commutes, even if they leave early in the morning. NYC ranked 22nd on Trulia's Driver-Friendliness index; Philly was 14th and Boston came in 18th.

But if you're a fan of Monday-morning carpool karaoke, Minneapolis or St. Paul might be the place for you. The Twin Cities topped Trulia's chart in driver friendliness, as drivers there have the shortest commute than those in any other city analyzed. Seattle and San Francisco followed closely.

New York, Boston and Philly are considered the most expensive cities to own a car, according to Deutsche Bank analysts. It's no surprise, that these three cities are among the best for transit commuters. These three ranked 5th and tied for 7th place, respectively for transit-friendliness. And according to Trulia, New York City and Boston have the most subway-riders in the nation.

Today, Trulia is also announcing its Rent Near Transit tool, an interactive product that combines transit maps and rental listings to help renters filter properties located near the transit stations they need.

Rent Near Transit launches for Boston's MBTA, the New York Subway, Philadelphia's SEPTA system, the Washington, D.C., Metro and Bay Area Rapid Transit (BART).

Renters will also be able to compare median rental prices by transit station, with regular market updates, to get a greater understanding of the local market.

"We know that 70 percent of renters want to be close to their job, school or transit, and that they are often in a crunch to find a new home fast," said Yardley Ip, Trulia Rentals general manager, in a statement. "By combining rental listings with transit lines, Rent Near Transit filters out listings that are not convenient for a renter, so they can move fast in finding their next perfect home."

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Trump defends 'star' tweet; Clinton says it's anti-Semitic

Republican presidential candidate Donald Trump GETTY IMAGES

Presumptive Republican presidential nominee Donald Trump on Monday defended a post he made two days earlier to social media that included an image depicting rival Hillary Clinton against a backdrop of cash and a red Star of David, while Clinton called the image anti-Semitic.

In a tweet on Monday, Trump said he had not meant the six-pointed star to refer to the Star of David, which is a symbol of Judaism. Rather, he said, the star could have referred to a sheriff's badge, which is shaped similarly except for small circles at the ends of each of its six points, or a "plain star."

His tweet came after Mic News reported on Sunday that the image attacking Clinton — which included the words: "History made" and, inside the star, "most corrupt candidate ever!" — had been shared on a neo-Nazi web forum called /pol/. Reuters confirmed the image was posted there on June 22 by viewing a link to an archived version of a /pol/ page, though the page has since been updated and the image removed.

"Donald Trump's use of a blatantly anti-Semitic image from racist websites to promote his campaign would be disturbing enough, but the fact that it's a part of a pattern should give voters major cause for concern," Clinton, the presumptive Democratic nominee, said in a statement emailed to reporters on Monday.

Trump posted and deleted the tweet on Saturday, then tweeted a similar image in which the star was replaced by a circle. On Monday he lashed out at journalists for continuing to report on the original tweet.

"Dishonest media is trying their absolute best to depict a star in a tweet as the Star of David rather than a Sheriff's Star, or plain star!" Trump wrote on Twitter on Monday.

The Nazis forced Jews to wear a Star of David on their clothing to identify themselves during the Holocaust.

Saturday's incident was the latest departure by Trump from a recent effort to appease Republicans worried about his brash public persona by trying to appear more restrained.

In June, Trump fired his campaign manager Corey Lewandowski and began using a teleprompter to make speeches, hoping to show that his campaign could be more inclusive after earlier mishaps, including his statement that Mexicans crossing the U.S. border illegally were "rapists" and his mocking of a disabled reporter, which Clinton has begun using in attack ads against him.

Ed Brookover, a senior adviser to the Trump campaign, said in an interview on CNN on Monday the campaign felt it had "corrected" the issue about the star by deleting Trump's original tweet.

Brookover said the image's earlier appearance on the neo-Nazi forum was irrelevant.

"These images get posted and reposted and reposted on social media on many forums," he said. "There was never any intention of anti-Semitism."

REUTERS

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Suicide bombers hit three Saudi cities

The explosions targeting U.S. diplomats, Shi'ite worshippers and a security headquarters at a mosque in the holy city of Medina follow days of mass killings claimed by the Islamic State group, in Turkey, Bangladesh and Iraq.

Suicide bombers struck three cities across Saudi Arabia on Monday, in an apparently coordinated campaign of attacks as Saudis prepared to break their fast on the penultimate day of the holy month of Ramadan.

The attacks all seem to have been timed to coincide with the approach of Eid al-Fitr, the holiday that celebrates the end of the fast.

Saudi policemen stand guard at the site where a suicide bomber blew himself up. GETTY IMAGES

A Saudi security official said an attacker parked a car near the U.S. consulate in Jeddah before detonating the device. The official said the government was checking the reports of blasts in Qatif and Medina.

In the only one of the three attacks that appeared to have caused many casualties, a suicide bomber detonated a bomb near the security headquarters of the Prophet's Mosque in Medina, the second-holiest site in Islam.

Saudi-owned al-Arabiya television said an initial death toll from the Medina blast included three suicide bombers and two security forces officers.

In Qatif, an eastern city that is home to many members of the Shi'ite minority, at least one and possibly two explosions struck near a Shi'ite mosque.

Witnesses described body parts, apparently of a suicide bomber, in the aftermath.

A resident of the city reached by telephone said there were believed to be no casualties there apart from the attacker, as worshippers had already gone home to break their fasts. Civil defense forces were cleaning up the area and police were investigating, the resident said.

Hours earlier a suicide bomber was killed and two people were wounded in a blast near the U.S. consulate in the kingdom's second city Jeddah. REUTERS

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FALLOUT ZONE

The Fourth of July sent holiday rockets over Capitol Hill with some hot enough to scorch the campaign trail. Here are my three things to watch this week in politics.

1. BURNING FUSE

Presumptive Democratic nominee Hillary Clinton would love for her weekend questioning by the FBI to be like Carly Fiorina's campaign — easily and quickly forgotten. But that's not likely with Republicans sizzling over every development in the investigation of her private email server. Sources suggest an indictment probably won't come, but the fed probe is a constant reminder of the doubts most voters have about her honesty. And the kerfuffle over husband Bill's impromptu meeting with Attorney General Loretta Lynch didn't help, no matter how much everyone involved says it was just a social call. Watch for a barrage of questions, comments and concerns about the matter from her foes this week — and just as many defensive responses from her friends.

2. TRUMP TALKERS

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously."

The Republican Party still seems to be teetering on the brink of chaos over the pending nomination of Donald Trump, but he says plans for the upcoming convention are coming along nicely. Trump insists the list of speakers will be revealed midweek. However, he appears less eager to talk about the continuing rumble from Dump Trumpers — those who desperately hope they can yet replace him at the big dance. Odds to them pulling it off? Pretty thin. But they keep pushing. Meanwhile, Clinton is heading to Atlantic City to slam the billionaire developer's business record ... including some of his losing bets on the gambling business.

3. VEEPSTAKES

In every election cycle political pundits get in a twist over which running mates the candidates will choose, and that's about to kick into high gear. You can expect all the traditional talk about who might help each candidate clinch the swing states, but don't worry — it really makes very little difference. They'll pick whom they pick, make a lot of fancy speeches about it ... and then voters will vote as they would have anyway.

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BRIEF

China criticizes Japan over 'dangerous' jet scramble

China strongly criticized Japan over a scramble of military aircraft from the two countries on Monday amid a dispute over islands in the East China Sea.

Two Japanese fighter jets took "provocative actions" at a high speed near a pair of Chinese fighter jets that were carrying out patrols in the East China Sea on June 17, China's defense ministry said in a micro blog statement on Monday, without specifying where exactly the incident took place.

The Japanese planes used fire-control radar to "light up" the Chinese aircraft, the statement added.

Japan's senior military officer has acknowledged there was a scramble but has denied that any radar lock by the Chinese jet occurred or that the incident turned dangerous.

"The Japanese plane's provocative actions caused an accident in the air, endangering the safety of personnel on both sides, and destroying the peace and stability in the region," China's Defense Ministry said, adding the Chinese aircraft "responded resolutely."

China called on Japan to cease all provocative action, the statement added.

The statement about the incident comes after Japan's top military commander accused China of escalating military activity in the East China Sea, saying Japanese emergency scrambles to counter Chinese jets almost doubled over the past three months.

REUTERS

Mandela's family angered by South Africa opposition using late leader's voice

The family of the late Nelson Mandela is furious that a recording of the revered South African leader's voice is being used by the main opposition party for campaigning in local government elections due to be held next month.

In a campaign ad, which the Democratic Alliance (DA) posted on YouTube at the weekend, a young woman steps into a voting booth as Mandela's voice is heard calling for justice, peace, work and bread. The woman then makes her mark next to the DA logo.

"The DA is doing it to benefit a party which Mandela was not a member of," Mandla Mandela, the grandson of the former president and a member of the ruling African National Congress (ANC) Party in parliament, told the ANN7 news network.

Nelson Mandela GETTY IMAGES

The ANC, which Mandela was a long-time member of and once led, has been in power since the end of apartheid in 1994. But it faces a stiff test in local elections on Aug. 3.

The DA hopes to capitalize on a poorly performing economy and allegations of corruption against the ANC.

Responding to criticism from the Mandela family, the DA defended its use of his words. "This great man stood for a nonracial South Africa," said DA spokesperson Refiloe Ntsekhe.

"The DA is the only party able to take South Africa to the nonracial future it needs. To say that Mandela does not belong to all South Africans is atrocious."

Online media outlet News24 reported that the Mandela family had appealed to the electoral authorities to take action against the DA.

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2 Chainz is all about honesty

2 Chainz was so grateful a fan found and returned a ring he lost during a recent concert in Florida that he gave the audience member a wad of cash, TMZ reported.

The rapper performed at Club La Leva in Panama City Beach Thursday night, when he flung some water in a plastic bottle to sweaty fans in the front row —inadvertently loosening a ring on his finger and flinging that into the crowd, too.

The gossip website posted a video of the ring fling, along with some fans and staff members trying to find the jewelry.

Eventually, a fan gestures to the rapper that she's found the ring, and returns it.

"Thank you for being honest," the rapper is heard to say on the video, while handing the woman some cash a man brought from offstage.

The amount totaled about $200, according to TMZ. Hell yeah.

Johnny Depp changes tattoo in apparent Amber Heard snub

Johnny Depp and Amber Heard's ongoing divorce took another dark turn this week, after the actor made a small edit to a tattoo featuring his ex-wife's nickname on his right knuckles.

The actor changed a "SLIM" tattoo he received when the pair got married, changing the L to a C and the I to a U to read "SCUM," TMZ reported. Ouch.

Heard successfully petitioned for a restraining order against Depp after she produced photos of bruises she said she received during a domestic assault by Depp. He's denied the charges.

Depp also once changed a tattoo he received while dating Winona Ryder, changing the text from "WinonaForever" to "WinoForever."

the word

'Baywatch' stars hated on Pam Anderson's boobs

If you are too young to know what "Baywatch" is, then you'll at least be interested in the movie remake of the hit '90s show — set to debut in 2017 and star Zac Efron and Dwayne Johnson.

Centered around a group of attractive lifeguards who patrol the beach in Los Angeles, the show made stars out of many young actors, and no one was more known for their bathing suit-clad body than Pamela Anderson. But her co-star David Hasselhoff reportedly never wanted her on the sand.

In a new interview with The Hollywood Reporter, original producers Michael Berk and Douglas Schwartz revealed seven "Baywatch" secrets.

According to them, Hasselhoff believed her Playboy past would turn off viewers because "children watch this show." But Schwartz thinks he was afraid of her "enormous breasts" taking away his spotlight — which they did.

Another "secret" also hinted that Anderson's boobs were responsible for fellow "Baywatch" star Nicole Eggert's breast enhancement surgery. "She felt a little bit competitive with Pam," Berk told the Reporter. It apparently caused an issue with shooting, as the surgery happened during a break during Season 7.

But Anderson's boobs proved an asset after a sex tape of her and then-husband Tommy Lee went public in 1995 — and doubled ratings.

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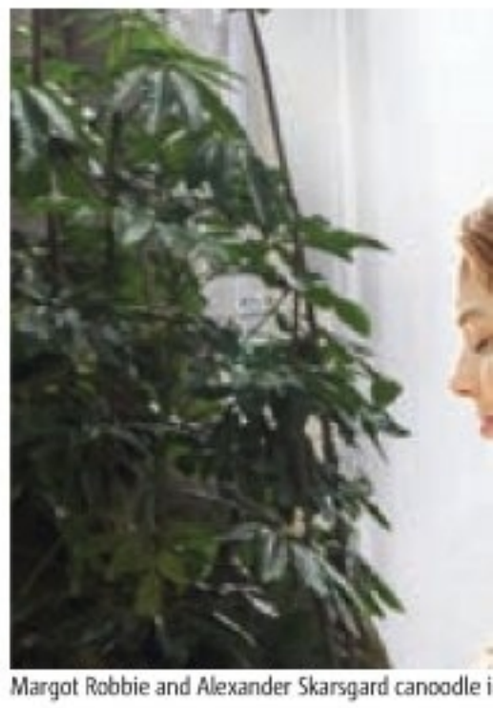
Tarzan gets politically correct


Margot Robbie and Alexander Skarsgard canoodle i

Stars Alexander Skarsgard and Margot Robbie on why the reboot won't make you roll your eyes.

FELIX CARABALLO
Metro World News
letters@metro.us

The Lord of the Jungle is back for the umpteenth time since first hitting the silver screen in 1918. With the release of "The Legend of Tarzan," director David Yates, who was at the helm of the final four "Harry Potter" movies, attempts to breathe new life into Edgar Rice Burroughs' classic but problematic Tarzan books. His stars: Swedish-born star Alexander Skarsgard swinging into action as the title character and siren Margot Robbie as Jane. The actors explain why Tarzan is relevant today and how the role of women in Hollywood is slowly changing for the better.

What makes this adaptation of Tarzan different?

Margot Robbie: Someone told us that there have been 48 versions of Tarzan, but a live-action one hasn't been made in many years. The version I most recognize is the animated one by Disney, and obviously this is very different. When reading the script, I felt it was an epic adventure, with a love story full of heart. It has a very intelligent central idea taking place in a very interesting time in the history of the world.

What do you think about women's roles in movies?

Robbie: I think they are improving. People finally are recognizing that half the ticket sales come from women. And if you do not create the types of roles in which women can be identified, then they are not going to enjoy those movies, and if they do not enjoy them, they won't sell tickets. I understand that the industry is responding to this very positively. When they send me scripts, although you can tell that

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n "The Legend of Tarzan." WARNER BROS. PICTURES

the female characters are not as complex as the male, I see that they are open to working on female roles and hear the ideas that one offers.

In earlier versions of Tarzan, he's treated as the white savior. How did you guys address this?

Alexander Skarsgard: Watching the previous films and reading the original novels, they seem very archaic in the way they describe the natives. It was a different time, and these works are appreciated for what they were. But today, we have to do something completely different. You cannot make a film of a white man who comes into the jungle and saves all natives. That's why I love the film, because it shows what happened in the Congo during the reign of King Leopold — the genocide and how they killed elephants for their ivory and destroyed nature. These are things we're dealing with today.

Coming back to work

Alexander, you quit acting through your teens. Now that you're back, how do you deal with being a celebrity?

Skarsgard: When I returned to acting, I went to a college in New York and tried to approach it in a different way. Before, if someone recognized me or wanted an autograph, I would get paranoid. All I wanted was for no one to recognize me. And now, as an adult, I love working on these projects, and it's great when you touch someone. If someone tells me, "I saw your movie and loved it" — that's worth a lot to me. Now I see it as a compliment.

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Should I go on a second date?

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."

We've all been there. ISTOCK

I asked a client recently how she knew her past relationships were worth pursuing. She said the first time she met each of the guys she was in a relationship with, there was "an instant click" — the conversation went on for hours, they had good chemistry and then the relationship continued.

We've all felt that click before — and it feels awesome when it happens! It's what most of my clients look for on a first date — the sign that potential exists together. But just because you get the click doesn't mean the relationship is right. And the absence of that click doesn't mean the relationship is wrong.

If there's one thing I've learned as a dating coach for nearly a decade, it's that every relationship evolves differently. Your story will be different from another couple's. Sometimes the click will exist right away ... and sometimes it won't.

Regardless, when it happens won't affect how amazing your relationship can be. This weekend, one of my clients is getting married to a man she considered a "maybe" after the first date, but their connection has grown wildly since then.

Not expecting or anticipating the click is especially true if you're meeting matches online because you lead with compatibility and attraction, but the chemistry is what's missing. Chemistry is the "click," but it often takes time to build because you've never met before.

If the moment doesn't happen on the first date, don't get discouraged. Instead, ask yourself: If you didn't know anything about this person and just met tonight, would you give him or her your number?

If you would wholeheartedly hand your number over, going out again will allow you the chance to feel more connected — or not.

I'm not suggesting you continue to see someone if you aren't truly into them. If after date No. 3 you're still on the fence about your match, it's time to cut ties. The click likely won't be coming, so go swipe on someone else.

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Leaving the nest

College-bound kids — and their parents — have a hard time balancing staying connected and letting go.

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The transition from high school to college can be a reverse metamorphosis. Second-semester seniors confidently peacocking during graduation devolve into tremulous froshies, their eagerness to leave the nest replaced with newfound appreciation for the security of home.

So what's a concerned parent of college-bound children to do? In short: Let go.

"The thing about letting go is, you've been doing this since you first stood over the baby's crib and said, 'Do I pick this baby up, or let him cry himself to sleep?'" says Karen Levin Coburn, co-author of "Letting Go: A Parents' Guide to Understanding the College Years."

Drawing from her recently updated book, Coburn breaks down the process of seeing kids through the transition from high school to college, step-by-delicate-step. Here's how to get them through senior year and beyond.

The application process

The temptation to micromanage a senior's applications might be high — particularly if said student is withholding or blasé about the process. But give kids some credit. "It's the rare student who's a senior in high school who doesn't think about it, but [sometimes] something is stopping them," explains Coburn, who notes that fear and anxiety in students might be mistaken as laziness or indifference by parents. Helping students get organized or offering to devise a joint list with questions about their college search are ways to gently steer without pushing.

Whatever you do, don't overreach. Says Coburn, "If you take over and do everything for your child, that's not helping them become more confident."

The campus visit

Here's the conundrum: High school seniors might have a list of potential colleges a mile long, but many parents don't have the time or resources for extensive college visits. Coburn suggests parents take their kids to "visit a large university, an urban college and one that is more remote," preferably close to home, so students can get a feel for different types of schools.

Once there, let go of the reins. "My suggestion is that if parents go on the tour, they essentially keep quiet and let the student ask the questions," says Coburn. If possible, allow the student to explore independently, or with an alum from their high school.

The separation

When kids go off to college, we tend to focus on their growth, but parents experience a profound shift as well, explains Coburn. In some cases, it's parents who need comforting. "With this constant accessibility, with texting, parents have to ask themselves, 'Am I calling for me, or for my child? Am I calling because I need someone to help me feel less lonely?'" If a parent touches base with a brief text, that's fine. But what's not fine are ongoing "I miss you" or "I'm so lonely" texts from parents, which are basically "asking the child to be homesick" and "make them feel like they have to take care of their parent." "The place where this is most challenging, I've found, is a single mother with a daughter," she says.

Boundaries, parents, boundaries.

The empty nest

For parents who are unclear when to rush in with a safety net once a child flies the coop, Coburn suggests thinking back to those early days on the playground. "A parent who is constantly hovering over them, in the sandbox with their child and not letting them negotiate things with other little toddlers is one extreme, and the other is the parent on the park bench, on the phone, waiting till somebody else's mother or father has to come in and grab their child," she adds. "When a child goes to college, they need the same thing."

As in all things, seek balance. The glitch, as a student once put it to Coburn, is that "sometimes we want your advice and sometimes we don't, and the trick is we're not going to tell you which time is which."

So there you have it. The kids — even yours — are all right. Most of the time.

"If you take over and do everything for your child, that's not helping them become more confident."

Coburn

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Do computer glasses really work?

We find out about combating digital eye strain.

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If you're like most people working in an office, staring at a computer screen takes up most of your waking hours. As if daily work demands aren't stressful enough, employees in the modern era have digital eye strain to worry about — and it's a real thing.

Ever notice how wiped out your eyes feel after a long day at the office? They may feel dry or weak, and you might even develop headaches and blurred vision. That's computer vision syndrome, or digital eye strain, and according to the Vision Council, 70 percent of Americans suffer from it.

"There are a few elements that contribute to the issue," says Dr. Mark Blecher of Will's Eye Hospital in Philadelphia. "You can get eye strain because you're staring at a two-dimensional surface. Maintaining this focus can be exhausting. It's like picking up a small hand weight at the gym and holding it without moving.

"If you're staring at something for a while, we don't blink and therefore don't produce tear foam," he says. "This is another factor to consider."

Blecher says this problem is nothing new, however, and eye strain has been an issue even before the computer age, with reading books and magazines.

But how about that harmful blue light we're hearing so much about? While natural sunlight contains a small amount, our digital devices require larger amounts of blue light to illuminate our screens, and our eyes aren't built to block it.

What's more, studies cited by the American Optometric Association show that long-term exposure to blue light contributes to "age-related macular degeneration."

Scott Sorenson, president of Gunnars Optiks, a leading maker of computer glasses, believes his product provides protection against blue light through its tinted lenses — which reduce overall harshness.

"Blue light is the only light that goes through your cornea to the back of the retina," he says. "It's a brain stimulant. A natural cup of coffee. It tells your brain to stop producing melatonin and it's time to be awake." He adds, "This can be problematic when trying to get a restful night's sleep."

According to Sorenson, too much blue light contributes to a number of health problems, including diabetes, hormone issues and cataracts. "We filter out the bad blue light with our glasses," he says.

But Blecher has a different perspective. "If you don't have blue light, that messes up your circadian rhythm," he says. "You don't want to block out all the blue light. There are no easy answers to these issues."

But how about the eye strain itself? Sorenson says his company's glasses have a slight magnification. "They make your eyes think they're looking further away. This helps the eye exhaustion aspect," he says.

Desperate for relief, we decided to give the glasses a try. After two weeks of using them at the office, our eyes are much less fatigued at the end of the day. Not using them has become unthinkable. Do they completely eliminate eye strain? Definitely not. But they are helping minimize eye strain.

Dr. Blecher isn't convinced, however. When asked for his thoughts on our Gunnar Glasses, he says, "I tend to look at computer glasses skeptically. They're selling something. I'm not in the position to critique it."

He recommends using eye drops regularly and looking away from the computer screen every 15 minutes to combat digital eye strain.

For more information on Gunnar Optiks, visit: gunnars.com

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70 percent of Americans suffer from digital eye strain GETTY IMAGES

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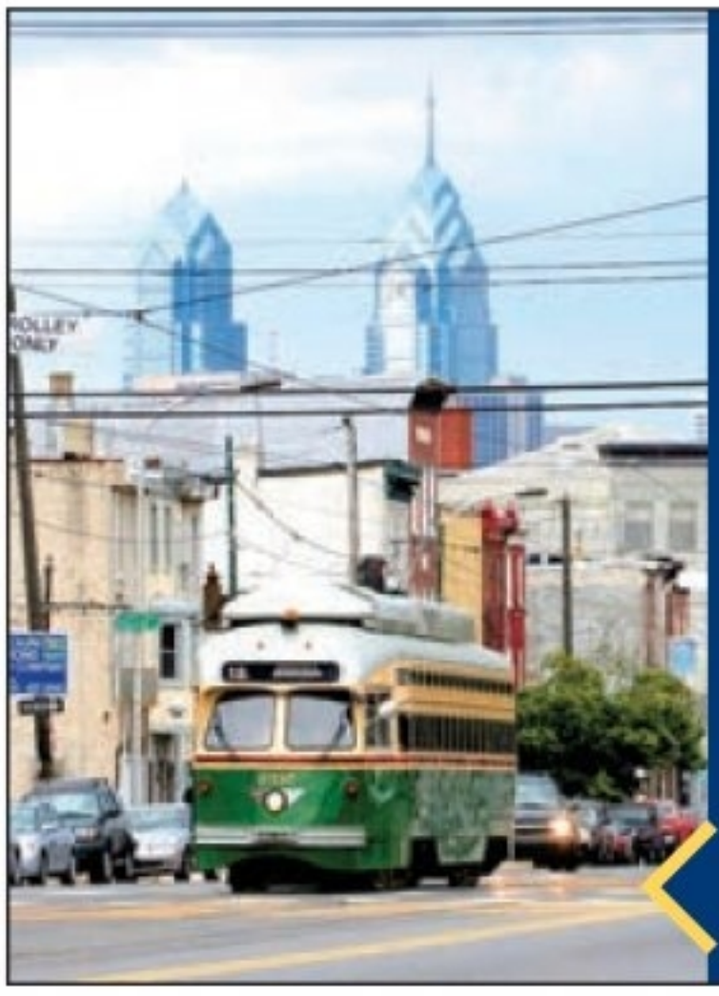
Scott Sorenson, president of Gunnar Optiks PROVIDED



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delawareriverwaterfront.com/events/free-yoga-on-race-street-pier
Free yoga sessions during the summer happen twice a day Monday through Thursday, at 7 a.m. and 6 p.m., at 7 a.m. on Friday and 9:30 a.m. on the weekends. Attendees can even enjoy Twilight Yoga sessions on a full moon, happening June 20, July 18, Aug. 18, Sept. 16 and Oct. 16. Classes end Oct. 30.

Kaya Aerial Yoga

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FREE AGENT FRENZY? IN PHILLY IT'S MORE LIKE ZZZ...

Not many were riled up with Philly's signing of free agent guard Jerryd Bayless. GETTY IMAGES

GLEN MACNOW

OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

I know a guy who gets so excited for the opening of NHL free agency that he calls in sick, makes a Wawa run and watches the minute-by-minute dealings on the NHL Network.

I hope he got flavorful hoagies this year. Because he certainly got nothing satisfying from the Flyers moves. Similarly, as the NBA went through its free agent smorgasbord over the weekend, Sixers fans were left feeling they received a lukewarm bowl of oatmeal — or in this case, Jerryd Bayless.

For different reasons, both teams were outside observers as billions were bestowed on players ranging from stars (Kevin Durant, Steven Stamkos) to enigmas, as in, "What? Portland just gave Evan Turner $70 million?"

There wasn't much excitement for fans of our winter squads. But I get it in both cases.

General manager Ron Hextall has spent the last two years digging the Flyers out of the salary cap hell created by his predecessor, Paul Holmgren. Insane deals like those given Ilya Bryzgalov and Vinnie Lecavalier crippled the team. Now Hextall must preach patience in a city that hasn't seen the Stanley Cup in more than four decades.

The Flyers sorely need players who can actually score goals. But while solid forwards like Milan Lucic and Andrew Ladd garnered fortunes from new teams over the weekend, Hextall had to be content signing Dale Weise, a fourth-line grinder who seems a reincarnation of Shjon Podein.

His best strategy now is to wait for a team that misses out signing a free agent defenseman. Perhaps he can get a return trading Mark Streit — although I wouldn't count on much.

The Sixers certainly don't lack for salary space. They entered the free-agent period more than $56 million under the cap. Their issues are 1) it's virtually impossible to attract top talent to a team coming off 10-72; and 2) they don't want to overcommit to a stopgap player who won't be part of the long-term plan.

That's OK. While I was no fan of Sam Hinkie's three-year tank-a-thon, you can't erase it by spending foolishly. The equally hideous Lakers, for example, went on a $137 million weekend spree that landed space filler Timofey Mozgov and aging role player Luol Deng.

What are the chances Mozgov and Deng are around when the Lakers get good again? Close to zero. So I can't rip the Sixers for declining to commit money and — more importantly, years — to players not likely to be part of their nucleus going forward.

Bayless, adept at the catch-and-shoot, makes sense at $27 million for three years. He can open the floor for rookie Ben Simmons and help the development of whichever big men are still here when the season starts. By all accounts he's a good veteran presence, although you do wonder why he's already been through six franchises in his eight-year career.

Hey, it isn't exciting. But it makes sense. In another era, the Flyers signed stars like Danny Briere and Jeremy Roenick. The Sixers attracted Dr. J and George McGinnis. Maybe next year, folks.

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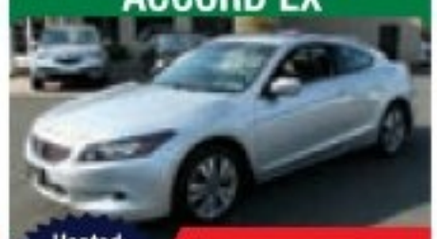
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Phils' Nola takes unexpected shutdown in stride

Aaron Nola will try and clear his head as his next start is skipped by the Phillies.

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10.42

AARON NOLA'S ERA IN FIVE JUNE STARTS. HE HAD A 2.31 ERA IN SIX STARTS IN MAY.

Imagine being a first round pick turned ace at just 23 years old and being told you're being shut down before the All-Star break?

That's what Aaron Nola is going through after manager Pete Mackanin spoke with him following his last start. The Phillies young ace will miss his next scheduled start in Colorado with no timetable for his next start.

How's that going over for Nola?

"I understand the process," Nola said. "I'm still going to get my work in. I'm going to throw a simulated game, simulate a couple innings in Colorado. The main key and the important part is I feel healthy and feel strong right now."

Nola says he sees the benefit of being limited at this stage in his career. He was rocked for five runs in five innings in his last start against Kansas City. He hasn't gone past six innings since May 20.

His ERA was at 2.65 on June 5 before the descent began as that number jumped up to 4.69 after Saturday's start. His opening start at Citizens Bank Park was a gem, tossing seven innings with just one run and four hits allowed.

The extended break should give him a boost for whenever he takes the hill again.

"I feel like any time you have some time off it definitely helps," Nola said. "This is my first full season here and they want to watch me, but I'm still going to go out and try to throw as many innings as I can and throw as much as I can."

Every professional pitcher wants to go out there every fifth day. Nola is no different. The LSU product will take this opportunity to work on hitting reset, believing his struggles have nothing to do with his delivery.

"I feel good with my body mechanicwise and the physical side of it," Nola said. "I bounced back after that second inning pretty well. I'm going to look at the positives of that game and go forward."

Aaron Nola has gone 0-4 with a 13.50 ERA over his last six starts. GETTY IMAGES

Nola may very well be the ace of the future for this organization, even ahead of guys like Vince Velasquez and Jake Thompson. There's no need for Nola to get a ton of wear and tear on his arm this season as he still gets acclimated to the big leagues.

The Phillies are using this decision to not only extend his arm life, but to prepare for what they hope is the beginning of a successful turnaround in Philadelphia.

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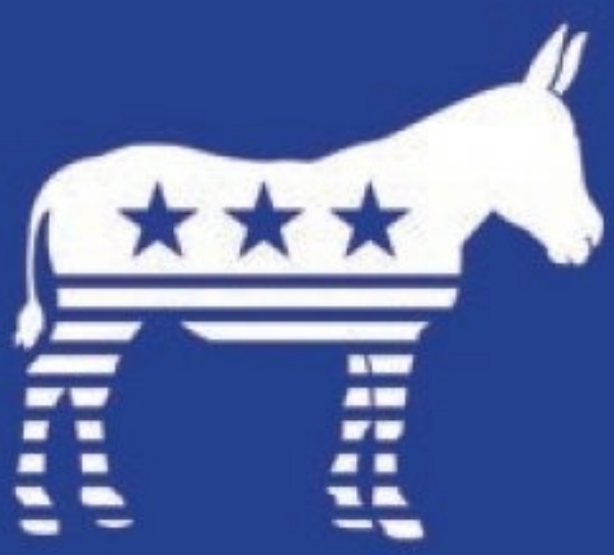

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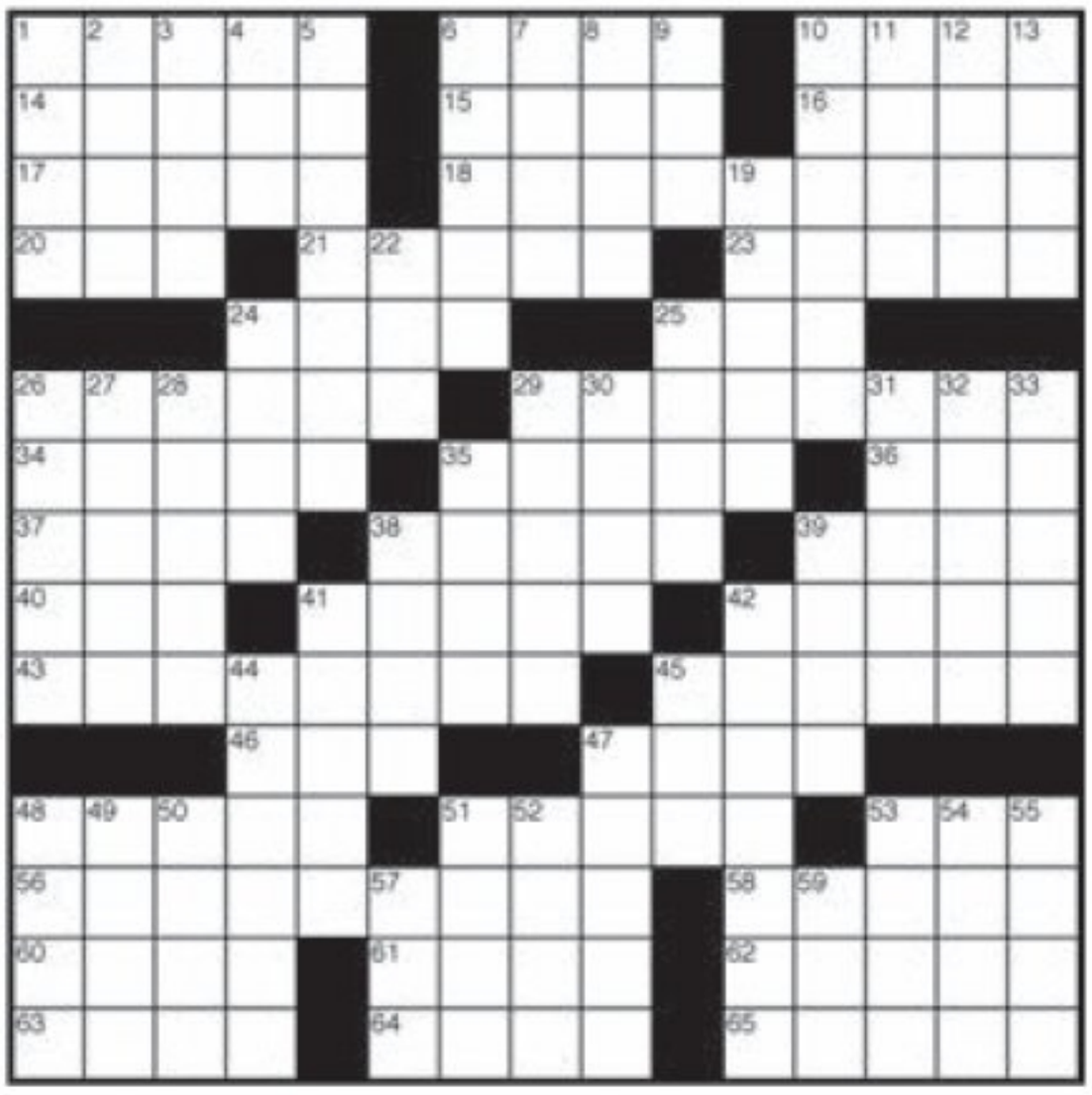

Across

1 Radiant
6 No way! (hyph.)
10 Put into words
14 Get a better look
15 Memo
16 Singer — James
17 Cygnus star
18 Unlike hatchlings
20 Dancer -- Charisse
21 Nylons shade
23 Japanese volcano
24 Unwanted plant
25 Victrola maker
26 Word on a door
29 Wake in the lake
34 What i.e. means (2 wds.)
35 Cheap magazines
36 Mr. Walton
37 Like folks in the pews
38 Tech talk
39 Eight, in Milan
40 Director — Lee
41 Soap plant
42 Bobby of "Dream Lover"
43 Assembly
45 South Seas wear
46 Hire out
47 Mountain passes
48 Obi-Wan's foe
51 Amusing
53 PD dispatch
56 Movie gladiator
58 Bury
60 Moo companion
61 By — of hard work
62 Piano-key wood
63 Boon companions
64 Sharp turns
65 Former Portuguese colony

Down

1 Heavy-metal band
2 Cloudy, in London
3 Make shore
4 1300 hours
5 Geese have two (2 wds.)
6 Hungry
7 Toolshed tools
8 Provo's state
9 All — up
10 Teeter-totter
11 Razor brand
12 Thing
13 Pop, to tot
19 Clears a trail
22 "— Miz"
24 Minn. neighbor
25 Sales slip (abbr.)
26 Fragrant shrub
27 Bell town
28 Stoop to
29 Call, as an elk
30 — vera lotion
31 Houston baseball player
32 Gown fabric
33 Some Thai immigrants
35 Ont. or Que.
38 Amo, amas, —
39 Rowboat need
41 Paying attention
42 Wasted time
44 Rings up sales
45 Our sun
47 Isn't free
48 Brandy bottle letters
49 Samoa's capital
50 Boone, informally
51 Ovid's 602
52 Tolled
53 Fermi split it
54 "La Bamba" co-star Elizabeth
55 — Mawr, Pa.
57 Wood-shaving tool
59 Knicks' org.

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easy

				3	5			4
8		4			1			7
	2	7	6				1	
	9		3					
	8		5		2		7	
					8		9	
	7				9	4	3	
6			8			9		1
5			4	1				

hard

4				3				
		2	9				3	5
			2	7				9
	4	8			3		6	
9		7				3		4
	6		4			8	1	
6				8	2			
8	3				9	2		
				4				1

metro.us/horoscopes

Aries Be very clear when discussing personal matters. You will be misinterpreted if you aren't careful, causing an unexpected change in the way someone treats you.

Taurus Do the things that make you happy. Traveling, visiting friends or relatives or hanging out with someone who brings out your best self will relieve stress and promote happiness.

Gemini You'll be held accountable if you do something questionable. Don't let anyone entice you to try something that could damage your reputation or cost you physically or financially.

Cancer Finish what you start. Having the discipline to follow through with your plans will open up a new opportunity to take on something that excites you. Romance is encouraged.

Leo Problems that surface at home are best dealt with quickly. Money matters are likely to be behind any turmoil you face. An unusual method to lower your costs will prove useful.

Virgo Your intentions are good, and the chance to make a difference will pay off in a big way. Reuniting with someone from your past will turn out to be beneficial.

Libra Don't make a fuss, or you will be criticized or blamed for interfering. Focus on what you can do to make personal gains. A partnership you are involved with needs an adjustment.

Scorpio Gaining experience through travel, educational pursuits, retreats or exploration will encourage you to try something novel. A new beginning will lead to something special.

Sagittarius You may want to help everyone around you, but don't let anyone take advantage of you. Your generosity and willingness to aid others will lead to disappointment

Capricorn Your efforts will not go unnoticed. It's time to bring about changes that will improve an important relationship. Size up what needs to be done and hop to it.

Aquarius If you make personal changes, people will be encouraged to treat you differently. Spend less time helping others get ahead and spend more time on your own advancement.

Pisces Refuse to let the demands of others slow you down or ruin your plans. Put a strategy in place that will ensure you get to do the things that excite you most. **EUGENIA LAST**

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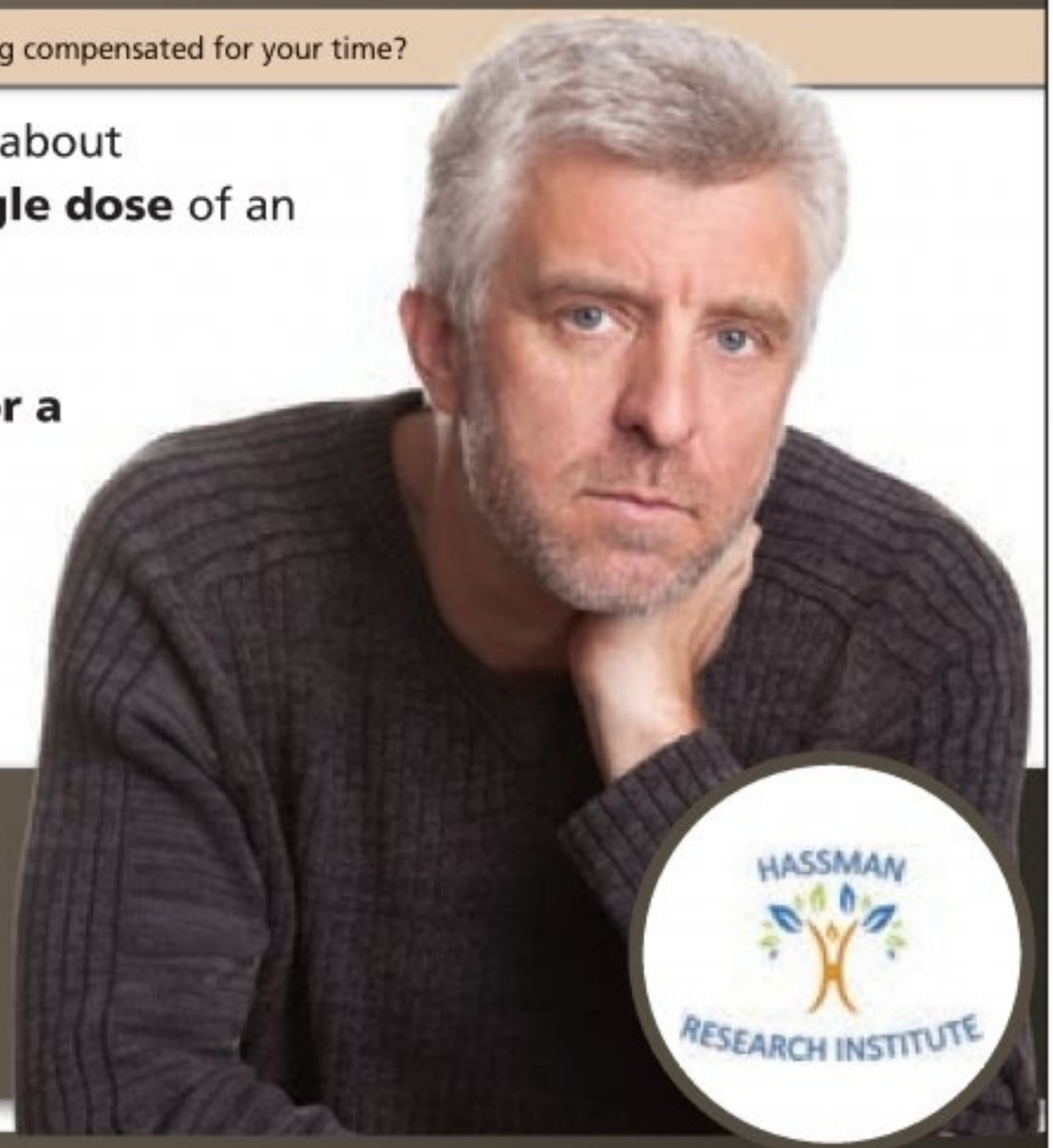
  - Cirrhosis
  - Decompensated Hepatitis C
  - Cancer



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Alzheimer's Disease	***Healthy Adults***	***Liver Disease***	

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